

Asian American Commission honors Chang-Díaz, Chan and Wong



(Left to right) Representative Tackey Chan, Senator Sonia Chang-Díaz and Representative Donald Wong. (Photo by Cody Yiu)

By Cody Yiu

February 7—The Massachusetts Asian American Commission (AAC) hosted a reception honoring the newly elected and reelected Asian American legislators – Senator Sonia Chang-Díaz (D-Second Suffolk), Representative Tackey Chan (D-Quincy) and Representative Donald Wong (R-Saugus).

“For me, it is really a privilege to have both Representatives Chan and Wong in the legislature. I’ve always been very cognizant about coming in as the first Asian-American to be elected to the legislature....the first person of color in the Senate...it’s hard to be there on your own. Thank you so much to both of you personally for taking the great step of putting your name on that ballot,” Chang-Díaz said.

Chan said putting his name on the ballot was a tough decision to make. Chan announced on January 31 that that he has been appointed to three key committees: the Joint Committee on Telecommunications, Utilities and Energy, Joint Committee on Consumer Protection and Professional

Licensure and the Joint Committee on Global Warming and Climate Change.

“Affordable energy distribution and generation are important to job creation and keeping the economy moving in a positive direction. These committees look at reducing our needs on foreign oil, exploring innovative ways to expand renewable energy generation and efforts to lower energy bills for residents and businesses in Massachusetts,” Chan said in a statement. Chan is the former Vice Chairman of the Commission.

Wong cracked a joke in his remark to illustrate the point of how far Asian Americans have come in political engagement.

“Asian Americans in politics have made a lot of in-roads. This reminds me when I was campaigning... I was knocking door to door. At one point, I knocked on a door and a child came to the door, and said, “Dad, the delivery guy is here!” We are not here for the Republican race, the Democratic race, we are here for the human race,” Wong said.

Giant pandas at National Zoo are here to stay for another five years

華盛頓國家動物園大熊貓繼續留五年在美國



SEE PANDAS, PAGE 8

(文請見反面中文第八版)

Boston remembers a Chinese patriot (Szeto Wah, 1931-2011)



Dozens gathered in a Chinatown vigil on January 30 for Szeto Wah. (Photo by Samuel Tsoi)

By Samuel Tsoi

The popular uprising in Egypt is causing worldwide anxiety about the political future of the Middle East. Meanwhile, the longstanding struggle for democracy in another ancient civilization turned modern nation was commemorated around the globe. Thousands in Hong Kong and overseas cities paid their final respects to veteran democracy campaigner, Szeto Wah, who died last month after battling cancer. He was 79.

In Boston’s Chinatown, dozens gathered on January 30 to remember “Uncle Wah”, as he was affectionately known in Hong Kong. The vigil was held by the Association of Overseas Hong Kong Chinese for Democracy and Human Rights, and included eulogies by New Englanders who knew Szeto.

SEE SZETO, PAGE 3

2011 Chinese New Year Celebrations

Chinatown Lion Dance Parade

Sunday, February 13
10:00AM-5:00PM
The Chinatown Lion Dance Parade kicks off at 10am on stage in Phillips Square (between Harrison Ave and Essex Street). Free admission.

Malden Year of the Rabbit Celebration

Hosted by Asian Spectrum
Saturday, February 26
10:30AM-2:30PM
Beebe School
403 Pleasant Street
Malden, MA 02148
Free admission. Lunch tickets are \$3.00 each. Ethnic costumes welcome. For more info, please call

617-901-3044.

23rd Annual Quincy Lunar New Year Festival

Sunday, February 13th
10:30 AM to 4 PM
North Quincy High School,
316 Hancock Street, Quincy,
MA 02171. Free admission.
For more info, please call
Quincy Asian Resources, Inc.
at 617-472-2200.

Comic

Empty Bamboo Girl

by Lillian Chan



1-19-11

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Chinatown News



(Left to right) Chau-ming Lee, Executive Director; Congressman Michael E. Capuano; Sunny Schwartz, Deputy Executive Director; Spencer Klein, Director of Finance. (Photo by Cody Yiu)

Boston News

BPS seeks to expand services to ELL students



BPS Superintendent Carol Johnson meeting with the medial. (Photo by Cody Yiu)

By Cody Yiu

The Boston Public Schools (BPS) has invested \$10 million to bring more services to English-language Learners (ELL) students and to improve their academic performance, according to Superintendent Carol Johnson on February 4, in a news conference.

"We've prioritized within our own budget for ELL students. We've trained over 2,000 teachers to teach ELL learners. Last year, we identified 400 ELL licensed teachers and this year, 800. Having ELL language training is extremely important," Johnson said.

BPS is also working on meeting the needs of the ELL students depending on where they are.

"In the past, if a student showed up at a school and they said they were an English-language learner, we said, 'in order to get those services, you have to go to that school over there.' Now, we try to give the services to the student, not make the student go somewhere. Because it seems fair that if a parent chooses a school, we want the student to be able to go there and have the resources," Johnson said.

For 24,140 (38%) students within

BPS, English is not their first language. According to BPS, 10,040 (19%) are English-language proficient; 3,260 are Former Limited Proficient; 11,840 are Limited English Proficient or English Language Learners. The five most common home language of ELL students are: Spanish (6,590 students), Chinese (920), Cape Verdean creole (900), Haitian creole (860), and Vietnamese (770).

One of the goals set before BPS this year is to improve the performance of English-language learners.

"[We're] trying to move those students to stronger and better schools, and programs. When students come in to register, we try to identify choices for them because sometimes parents don't know what choices are available. Last year, we did see an improvement in MCAS scores of ELL learners. We have even more intentions for improvements this year," Johnson said.

AACA celebrates workforce programs and the Year of the Rabbit

By Cody Yiu

January 27—One week before the arrival of Chinese New Year, the Asian American Civic Association (AACA) hosted a party at the Hilton Hotel in Boston to present awards to outstanding individuals involved with its workforce programs. AACA currently has three job training programs: Accounting Skills, Computer and English Training (ASCENT); Building Energy Efficiency Maintenance Skills (BEEMS); Partnership for Automotive Career Education (PACE).

"Established in 1967, AACA has always been helping the underserved population gain financial, economic, and social self-efficiency. Our tagline is to 'educate, empower and employ,'" said Emily Damiano, Program Director.

In 1972, AACA launched its first workforce program, an office skill program that later evolved into ASCENT. Almost four decades later, two other programs followed: one focused on green-collar jobs, and another on automotive skills. A new program on retail industry is still underway.

"This is an organization that services a lot of people who need your help. And I really wanted just let you know that it's noticed and appreciated, and

supported," said Congressman Michael E. Capuano in his remark.

Boston City Councilor at-large Ayanna Pressley also made an appearance at the party to show her support for AACA. Paul M. Yee, Jr., associate justice of Quincy District Court and a long-standing supporter of AACA, also attended the party.

"The party is to recognize program graduates and employer-partners. It also offers an opportunity for everyone to socialize and have a little fun," said Saraugh Fitah, an ASCENT instructor who has been with the program for over five years.

Fitah presented an award to Tufts Health Plan for the organization's continuous support for career advancement for AACA graduates.

Other employer-partners that received an award include Winn Residential and Sullivan Tire.

Graduate awards went to Brent Henry, a BEEMS graduate; Mimoza Proto, an ASCENT alumna from Albania; Bahram Gharony, a PACE alumnus from Iran.

For more information about AACA's workforce programs, please visit <http://aaca-boston.org/site/programs-and-services/workforce-development-center>.

Scott Brown acknowledges work of Chinatown Main Street



Scott Brown, Massachusetts Senator, posed for a picture with attendees at the Annual Chinatown Main Street Gala.

Left to Right: Peter Man, Zhi Li, Hung Truong, Scott Brown, Moss, and Tommy Lee. (Photo by Diana Li)

By Diana Li

The Chinese Main Street Annual Chinese Gala was held on January 28, 2011 at Hei-La Moon.

Scott Brown, Massachusetts Senator, was present at the event. Brown gave a brief speech; however, it was more than enough to acknowledge the outstanding work that Chinatown Main Street has done to help rebuild the Chinatown community. Brown thanked Chinatown Main Street for all their effort.

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Boston City-Wide Charter School Showcase of Schools

Saturday, February 12, 2011 from 9 AM to 12 PM

Boston University

BU Fitness & Recreation Center, Basketball Court #1

915 Commonwealth Avenue, Boston, MA 02215

Call 617-282-6710 for information.

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*UP Academy

SZETO, CONTINUED FROM PAGE 1

The public school teacher and union leader was also the most prominent pro-democracy activist. His lasting legacy was for his leading of the annual gathering to remember the tragic events in Beijing's Tiananmen Square on June 4, 1989 (known as June 4th incident).

It was an incident that transformed Szeto's life and career and also galvanized many in Hong Kong, a city that was transiting from the vestiges of colonialism to integration to Peoples' Republic. When the People's Liberation Army opened fire at the students in Beijing, it became a watershed moment in Hong Kong's collective psyche, and also reverberated loudly worldwide embodied in one single image of a young man standing in front of a tank.

Immediately following June 4, Szeto became instrumental in bringing a million outraged and sympathetic people to a candle light vigil in Hong Kong, the largest assembly in the territory. The moment catapulted him in the political consciousness of many Hong Kong people and made pro-democracy a mainstream movement.

"We hope that celebrating Uncle Wah's life will inspire us to not give up on democratic reforms," said Dr. Bing Ko of the Overseas Association, which hosts annual vigils in Harvard Square and public forums to raise public awareness of June 4th. As recently as 2009, Szeto Wah toured Boston and other North American cities for a public education campaign to commemorate Tianamen's 20th anniversary.

These anniversaries are not marked publicly in mainland China. Since 1989, Beijing's autocratic regime has largely silenced dissent via censorship, apprehending activists, and stressing glamour of the country's economic success. Nevertheless, China's recent years witnessed publicly-displayed discontent in Tibet and Xinjiang (resistance against religious and cultural erosion), in Hong Kong (against limiting press freedoms), and the jailing of this year's Nobel Peace Prize winner Liu Xiaobo – events that are sobering reminders that China's historic and remarkable economic growth will undoubtedly bring about social and political growing pains.

"There is always tension during periods of significant economic growth," Dr. Ko said, "And we should not buy into the idea that social justice is to be subservient to or separate from prosperity." At the same time, Dr. Ko does not advocate for destabilizing the government or sweeping revolution.

Szeto's outspokenness and forceful tactics, although often blunt and criticized by even his supporters at times,

was nonetheless respected for their moral weights and unrelenting idealism. He constantly expressed his love for China and hoped for a dignified Chinese citizenry, especially throughout the years of British control, persistently calling for accountability of the colonial governor and justice for everyday residents. Yet, his influence was constrained when Beijing ostracized him for insisting what his rallies call: "vindication of June 4th."

In fact, Szeto was barred from entering the Mainland, despite the fact that he drafted Hong Kong's post-colonial constitution and was fluent in Mandarin. He also possessed a strong sense of Chinese tradition and patriotism, especially compared to the typical English-speaking elites and Western-educated intellectuals.

In a documentary that was shown at the Boston vigil, the plain-spoken Szeto was recorded saying: "I am Chinese...and loving country is not the same as loving a political party or the government. Rather, [love of country] is about loving the people, the land and waters, and the life that sustains all of it."

Szeto told of his childhood days that cemented his patriotism. Like many Chinese, his family endured hardship and humiliation when many were forced to leave Hong Kong during the Japanese occupation in the 1940s. "We had to bow to every Japanese soldier, or risk being severely beaten," Szeto remembered. "The war experience deepened my love for [China]; I wanted to see the country rise up and its people to never be oppressed again."

Szeto went on to spend four decades teaching primary school and founded the largest teachers union in Hong Kong. "I wanted the youth to receive the quality education they need to compete and build Hong Kong," Szeto said. "By improving teachers' wages and abilities, we also advance society's view of the profession and encourage our most talented individuals to serve in education."

Szeto also spoke about the significance of his Christian faith, which he largely reserved from public discourse and was ultimately the grounds for his unselfish reputation, moral beliefs and hope for justice.

As a pragmatic politician, however, Szeto also caused internal strife among democrats in his final years after supporting a reform package that would slowly increase the number of directly-elected seats in the HK legislature (by 2020) and direct-election of chief executive (by 2017). It remains to be seen whether the compromise, which many of activists view as watered-down at best and betrayal to real democratic reform and June 4th ide-

als at worst, will eventually lead to full direct election for legislative and executive branches.

But perhaps the most important legacy Szeto Wah left behind will be felt beyond the classrooms and legislative council. He became the de facto political educator for Hong Kong and advocated on behalf of the activists who were unable to do so in the Mainland. The almost-octogenarian still took to the streets during what turned out to be his final months at the 2010 June 4th vigil and greeting constituents at Lunar New Year.

Brown University scholar, Xu Wenli, an exiled leader of Mainland China's democratic movement, also attended the Boston vigil. When Xu was jailed for thirteen years for his pro-democratic activism, he reminisced the moral support and encouragement he received from Szeto. Most recently, Xu phoned Wah after the news of the first Chinese recipient of the Nobel Peace Prize. "Even though I believe that Wah deserves the prize as much as Liu, without any hesitation, Wah was genuinely glad that as long as the ideal and movement was recognized, it was the most important in his mind," Xu lamented.

"Mr. Szeto was, himself, a bright candle, offering up his energies toward democratic reform and summoning the next generation to carry the torch," remarked Rowena He, a Harvard lecturer and expert on 1989 activists – many of whom were smuggled out of China with help from Szeto. Dr. He is optimistic that today's Chinese youth, albeit less idealistic than their predecessors and more pre-occupied with personal successes, will soon realize that the choices they enjoy are inextricably tied to the progress of civil and political rights.

"[As a young person], he was a teacher, a compatriot, and a guiding light on the road towards democracy," said Chai Ling, a June 4th dissent whom Szeto helped escape and now lives in Massachusetts.

"Hong Kong's future is critical for mainland China's future. If Hong Kong can serve as an example of democracy for all Chinese, then there is hope for Chinese democracy," Dr. Ko said, "We hope overseas Chinese will remember Uncle Wah and also use their voices and freedoms to keep the cause and hope for democracy alive."

Samuel Tsoi is a Sampan correspondent.



Boston Chinatown
Neighborhood Center, Inc.
波士頓華埠社區中心

Join Boston Chinatown Neighborhood Center for the
Chinese New Year Banquet
Year of the Rabbit

波士頓華埠社區中心
兔年春宴

Friday, March 11, 2011
Reception 5:30 pm | Dinner 7:00 pm

Empire Garden Restaurant
690 Washington Stret, Boston

Master of Ceremonies
David Brown, WCVB-TV5

Friends of BCNC Award 2011 Recipients
Debra Ashton
Museum of Fine Arts Boston
BNY Mellon

Join us for a wine and dim sum reception, live and silent auctions, performances, and a ten course traditional banquet. Tickets \$100 each, \$1,000 per table of 10 seats.

To sponsor, advertise in the program book, purchase tickets or information, please contact Joann Yung at 617-635-5129 x1054, joann.yung@bcnc.net or go to www.bcnc.net to reserve your tickets online. Proceeds from the banquet support the BCNC programs for children, youth and adults.

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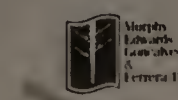
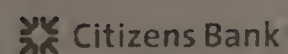
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Boston News

Are people of color unwelcomed in Boston?

By Diana Li

After Chadwick Martin Bailey, a marketing research consulting company, conducted an online survey in April 2010 with 1500 surveyed, it put Boston in a new unpleasant light. The research showed that people viewed Boston as an unwelcoming city to other people of colors.

The respondents of the survey consist of 45 Asian or Pacific Islanders, 154 Black or African American, 114 Hispanic or Latino, 15 Native American Indian or Alaskan Native, 1132 White or Caucasian, 31 multi-racial or other races across the US. The cities that Boston was compared to were Atlanta, Charlotte, Denver, Miami, Minneapolis, New York, Philadelphia and San Francisco.

On January 26, 2011, The Boston Foundation held one of a series of forum discussions, "Exploring the Reputation and the Reality of Race in Our City."

The panelist that discussed this issue were Vanessa Calderon-Rosado, CEO of Inquilinos Boricuas en Accion, Theodore Landsmark, President of Boston Architectural College, James E. Rooney, Executive Direct of Massachusetts Convention Center Authority of Massa-

chusetts, Michelle Shell, Vice President of Asset Allocation Division of Fidelity Investments, and Darnell Williams, President and CEO of Urban League of Eastern Massachusetts.

One member of the audience believes that the reason why people or tourists have this perception is because of the media. She mentions that she does a lot of business travels and when she gets to a hotel to watch the news, the anchor consists of a variety of racial backgrounds. However she can't say the same for Boston. She vocally gave her opinion on how the news stations should have people of color being the anchor instead of giving the weather forecast.

Another audience member stated that this is an external and internal issue of Boston. This issue should not involve only Boston but the entire state of Massachusetts.

The discussion and debate seemed to have ended prematurely due to time constraint. However, there will be another forum held imminently. For more information, visit The Boston Foundation's website, www.tbf.org.

Diana Li is a Sampan correspondent.

Ming Tsai - Networking all the way to Oprah

By Diana Li

Emmy award winning culinary host, Ming Tsai, spoke to many professionals on the importance of networking on January 25, 2011 at the Get Connected networking event.

"[I always try] to stay connected with some of the basic stuff, even if it's elementary; I get business cards everywhere I go [and] I write notes on them to remind me [on the people I've spoken to,]" Tsai said. "I don't care who you are, if you are the cable guy or the guy selling me ovens, [I write things] such as nice person, palm pilot person."

Tsai shared a valuable advice that his grandfather and father gave to him, "hao ren you hao bao." In English, this means: good people will have good fortune. Tsai firmly believes that the recipe to success is to have a good heart and a good network.

Sharing a story to attest his advice, Tsai spoke about the events that led him to meet one of the richest and one of most influential woman in the world, Oprah.

Tsai started his story with him helping out at an AARP event, the good deed. He never

would have imagined that he would be given the opportunity to meet Dr. Maya Angelou, whom Tsai praised was the most moving speaker he has ever met. Her compelling speech inspired Tsai to write her a letter, which transpired to a very good professional relationship. Angelou's letters continued to inspire Tsai and he wanted to give Angelou something that was meaningful - his greatest talent- a dinner cooked by him. Tsai's exceptional culinary skills did not fail to impress Angelou. Angelou loved Tsai's cooking and his products that she decided introduce him to a very good friend of hers, Oprah.

One event led to another and the rest is history on how he has been blessed with such great opportunities to meet some of the most powerful women in the world. To add icing on the cake, Oprah made Tsai's knives as her "favorites."

Building relationships is very important, as well as keeping those relations on good terms. Tsai's final advice to the audience was to never burn bridges between your networks.

Diana Li is a Sampan correspondent.

Op-Ed

Are Chinese parents superior?

By Kenneth Kan

Just imagine. Just imagine: over a casual lunch conversation, your close friends do nothing but praise about your son being a caring ER pediatrician like Dr. Douglas Ross (portrayed by George Clooney) in NBC's ER. If you were a typical parent, you would be quite delighted right now. If you were a typical Chinese parent, it would be difficult for you to even try to disguise the overflowing joy shown through that reflexive but highly infectious smile.

A smile of a mother with just the thought of her child's bright prospect is second only to that of a cute baby. However, what prompted this moment of joy is also the cause of much misery in a typical Asian household.

By now you have probably heard of the name Amy Chua, a Jr. Professor of Law at Yale Law School. In her controversial article Why Chinese Mothers Are Superior on the Wall Street Journal,

Chua promotes a rigid parenting style that yields highly "successful" adults. Her daughters, for instance, were never allowed to "be in a school play, complain about not being in a school play, get any grade less than an A, [and] not be the No. 1 student in every subject except gym and drama," among other things.

Chua highlights three major differences between Chinese and Western parenting styles critical to the "success" of Chinese American children. Firstly, Chinese parents "assume strength, not fragility" in a child. A child's self-esteem is not even a concern. Secondly, "Chinese parents believe that their kids owe them everything," and therefore the kids "must spend their lives repaying their parents by obeying them and making them proud." Thirdly, "Chinese parents believe that they know what is best for their children and therefore, can override all of their children's own desires and preferences."

The association between a particular culture and its adherents' parenting perspective in this case is just unsound. Anyone

flipping through a history text on European children during the Victorian age quickly learns that in a European household, strict rules were instated and corporal punishment was sure to follow with any violation, however minor. Self-esteem was rarely a consideration by a parent or a teacher.

On the contrary, in recent decades, "monster parents," a neologism originated in Japan as a reference to overly protective and overly worried parents, appear to be the most heated topic among parents in East Asia. I remember vividly that when my family immigrated to the U.S., my father was impressed by the fact that American parents would never rush to help a child when she falls from a bicycle. This assumption of strength is no less noble and sacrificial than the constant ignorance of a child's self-confidence advocated by Chua.

The belief that a child's role is to repay the parental debt is but an egocentric concept. A borrower-lender relationship does not and cannot in any way encapsulate the relationship between

SEE PARENTS PAGE 8

BRA

The Boston Redevelopment Authority is hosting a Public Meeting regarding
Hayward Place

February 15th • 6-8PM

Suffolk University, 73 Tremont Street

The Amenities Room on the 1st floor, Boston

Project Proponent: Millennium Partners

Project Description: This community meeting is being held in compliance with Article 80 of the Boston Zoning Code to present to the community the Notice of Project Change for Hayward Place. Hayward Place, developed by Millennium Partners and designed by Handel Architects, suggests a 390,000 gross sq ft of development, 265 residential units, with one level of below grade parking and ground floor retail within the envelope of a fifteen (15) story structure, located at 580 Washington Street, opposite the Ritz-Carlton Hotel and Towers and the Paramount Theater (the "Proposed Project"). The site is bound by Washington Street, Avenue deLaFayette, Harrison Avenue and Hayward Place (the "Project Site").

Close of Comment Period: Monday, March 7, 2011

Jay Rourke, Boston Redevelopment Authority
One City Hall Square, 9th Fl, Boston, MA 02201

FAX: 617.742.7783

PHONE: 617.918.4317

EMAIL: Jay.Rourke.BRA@cityofboston.gov

Brian P. Golden
Executive Director/Secretary



Boston
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Health

Cook with heart-healthy Foods

You can protect your heart and blood vessels by eating less saturated fat and by choosing the types of fats that help your cholesterol levels. The ingredients you use and the way you cook can make a big difference. Try these tips:

Cook with less fat

Use a low-fat or fat-free way to cook. You can cut down on total fat by broiling, microwaving, baking, roasting, steaming, or grilling foods. Nonstick pans and cooking sprays also work well.

Boost the flavor with seasonings and sauces instead of fats. Look for recipes that use herbs and spices for flavor instead of fat. Try these ways to season food:

- Squeeze fresh lemon juice on steamed vegetables, broiled fish, rice, or pasta.
- Try lemon pepper or mesquite seasoning on chicken.
- Use onion and garlic to liven up meats and vegetables.
- Try baking chicken or pork with barbecue sauce or low-fat Italian dressing.

Trim the fat when possible. Cut away visible fat from meat and poultry. Roast food on a rack to let the fat drip off. Make soups a day ahead so you can chill them and then remove the fat that has risen to the top.

Choose lean cuts of beef, poultry, and pork

To help keep your cholesterol on target, choose lean cuts of meat and poultry. Try some of your favorite recipes with these lean choices:

Choosing lean meats with less saturated fat can help lower blood cholesterol.

- When selecting beef, choose lean cuts such as round, sirloin, and flank steak; tenderloin; rib, chuck, or rump roast; T-bone, porterhouse, or cubed steak.
- Choose poultry such as chicken, turkey, or Cornish hen without the skin. The white breast meat is lower in fat than the darker meat in the thigh and leg pieces.
- Lean types of pork include ham, Canadian bacon, pork loin, and center loin chops.

Choose low-fat dairy products

Dairy products can be part of your meal plan. To cut back on saturated fat, choose items made with non-fat or low-fat milk. Some low-fat choices are listed below.

low-fat buttermilk


- Milk: Fat-free (skim), 1/2%, and 1% milk and low-fat buttermilk
- Yogurt: low-fat or fat-free yogurt

Wise food choices: What to try and why		
Instead of...	Try this...	Why?
whole milk or 2% milk	1% milk or skim milk	less total fat, less saturated fat, and less cholesterol
regular cheese	low-fat cheese	
snack foods with hydrogenated oil, palm oil, or coconut oil	fat-free or low-fat snack foods	less total fat, less saturated fat
regular mayonnaise	non-fat plain yogurt or low-fat mayonnaise in dips and recipes or mustard on sandwiches	less total fat
sour cream	non-fat sour cream	less total fat, less saturated fat
regular stick margarine	special cholesterol-lowering margarine or soft tub margarine	lowers cholesterol, fewer <i>trans</i> fats
fried chicken	baked chicken	less total fat, less saturated fat
bologna, salami, or pastrami	sliced turkey, lean ham, or low-fat cold cuts	less total fat, less saturated fat
cookies with hydrogenated oil, palm oil, or coconut oil	an orange, an apple, a pear, or some prunes	more fiber, no fat
pork chop	pork loin	less total fat, less saturated fat
short ribs	grilled or baked salmon or tuna, grilled T-bone steak	less total fat, less saturated fat; fish is a source of omega-3 fatty acids

A day of heart-healthy meals			
Breakfast	Lunch	Dinner	Between-meal snacks
bran cereal with skim milk and sliced banana	split pea soup	grilled chicken breast without skin marinated in low-fat Italian dressing	raw vegetables with low-fat dip
rye toast with cholesterol-lowering margarine orange juice	tuna salad made with low-fat mayonnaise whole-grain crackers	rice	fresh fruit
coffee with skim milk	celery and carrot sticks	steamed broccoli	oat bran muffin
	fresh orange	tossed salad with low-fat salad dressing	whole-grain crackers with low-fat cheese
		fresh pear	
		oatmeal cookie	

SEE HEART PAGE 8

Are you ANXIOUS?




- Do you **worry** a lot?
- Do you **feel nervous** most of the time?
- Do you have **panic or extreme anxiety**?
- Do you feel **anxious in social situations**?

If you answered “yes” to **ANY** of these questions, you may be eligible for medication or other treatment at no cost as part of an anxiety treatment research study.


Please contact us at the number below. All inquiries are kept confidential.

(866)44-WORRY
www.mghanxiety.org



The Massachusetts General Hospital Center for Anxiety and Traumatic Stress Disorders

Are you grieving the death of a loved one?




- Are you feeling pulled down into your grief?
- Did the death occur more than 6 months ago?
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I 866 44 WORRY or anxietystudy@partners.org

CLASSIFIED / HOUSING



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Three 3BR Units Available



2 Condominium Units at 12 14 Peck Ave \$185,800

Single family home at 6 Mellon Road \$203,000

Information Session: Thursday, January 20, 2011, 7:30pm

Great Hall, Town Hall, 525 Washington Street, Wellesley

Applications accepted: December 6 through March 4

Housing Lottery: March 16, 2011

Open House: Saturday January 29, 2011, 12 -3 pm

Application and Information:

Housing@Sudbury.Ma.US



278 Old Sudbury Road, Sudbury, MA 01776, 978-639-3388

Income and Asset Limits, Use and Resale Restrictions Apply



TWO AFFORDABLE 2-BEDROOM CONDOMINIUMS

10 Juniper St., # 40, Brookline, MA (with parking)

32 Juniper St., #90, Brookline, MA (with parking)

Applications Due By 12 Noon, Friday, March 4, 2011

Number of Persons in Household	Maximum Incomes (applies to both units)	Discounted Affordable Prices	Estimated Monthly Condo Fees & Estimated Real Estate Taxes
2 (must demonstrate need for two bedrooms)	\$ 51,550	32 Juniper #90 \$150,189	\$339
3	\$ 58,000	10 Juniper #40 \$155,386	\$339
4	\$ 64,400		

For an application call (617) 730-2091 or visit Brookline Public Library at 361 Washington St..

For information on this and other opportunities consult <http://www.brooklinema.gov/housing/currentopportunities/>



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KIMBALL COURT
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7 Kimball Court, Woburn

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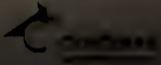

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Affordable Rental Opportunity

Oliver Lofts

166 Terrace Street, Boston, MA 02120

38 Units, Including 4 HP Accessible Units

# of Units	Type	Max Rent	Income Limit
6	1 brs	\$990	60%
29	2 brs	\$1,183	60%
3*	Loft	\$1,285	100%

Maximum Income Per Household Size

Household Size	60%	100%
1 person	\$38,580	\$64,250
2 persons	\$44,100	\$73,450
3 persons	\$49,620	\$82,600
4 persons	\$55,080	\$91,800

Applications must be picked up and submitted in person or by US Mail at Oliver Lofts c/o Winn Residential, 39 Smith Street (2nd Floor), Boston, MA 02120.

Applications may be picked up and returned (weekdays only unless otherwise noted):

Monday, February 14th, 2011 to Friday, March 4th, 2011 9am to 5pm

Thursday, February 17th, 2011; 9am to 8pm

Saturday, February 19th, 2011; 9am to 2pm

Tuesday, February 22nd, 2011; 9am to 8pm

Deadline for completed applications at the above address:

In person by 5:00pm on or postmarked by Friday, March 18th, 2011.

Section 8 Voucher Holders Welcome.

Selection by lottery. Use and occupancy restrictions apply.

4 units have preference for households requiring accessible units.

8 additional units not included above have preference for homeless households;

applicants must complete BHA application

and be processed by the BHA, 52 Chauncy Street, Boston, MA.

* 3 units have preference for BRA-certified artists.

An informational session will be held on

Wednesday, February 16th, 2011 from 6:00pm – 8:00pm



at the New Mass Pike Towers Community Room,

324 Tremont Street, Boston, MA 02116

For more info or reasonable accommodations,

call Winn Residential

617-879-1620



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Campion Estates

Affordable Housing

North Andover

www.CampionEstates.com

Campion Estates is a new redevelopment of a turn-of-the-century Mansion and Carriage House in North Andover!

Two 3BR Homes: \$157,300 to \$160,400

Two 2BR Homes: \$140,800 to \$148,700

Three 1BR Homes: \$128,200

The development will consists of a total of twenty six unit: eleven condominiums in the redeveloped Mansion, two condos in the redeveloped Carriage House, one single family home, and twelve 3BR townhouse units arranged in three clusters of four units each. Seven of these homes will be offered and sold through this lottery to households with incomes at or below 80% of the area median income.

The Maximum Income Limits for Households are as follows:

1 Person - \$45,100

2 Person - \$51,550

3 Person - \$58,000

4 Person - \$64,400

5 Person - \$69,600

6 Person - \$74,750

Households cannot have more than \$75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process, please visit:


www.s-e-b.com/lottery or call 617.782.6900

Applications and Information available at the North Andover Public Library (345 Main Street, hours are 10-9 M-Th, 10-5 F-Sa, 2-5 Sun).

A Public Information Session will be held on March 2nd, 2011 at 7:00 pm in theNorth Andover Public Library.

The lottery will be held on April 13th, 2011

Completed Applications and Required Income Documentation must be received, not postmarked, by April 4th, 2011. Please take all necessary measures to ensure your application is delivered by April 4th.



Analysis

A little neighborly love goes a long way

By Cody Yiu

Those days are gone when neighbors refer to one another on the first name basis and exchange local gossip during their morning walks. That face-to-face interaction has since been replaced by electronic and online communication tools.

Cries of desperation go unheard

The byproduct of technology is a deep sense of loneliness and isolation. The sting of isolation becomes even more pronounced when one is an immigrant with limited English capabilities. Mundane and simple tasks such as going grocery shopping or getting on the bus can become quite a challenge. Some immigrants just quit trying and rely on their children and other family members to be their interpreters and drivers.

There is nothing essentially wrong with keeping to oneself. Nevertheless, when trials come, social isolation can keep one from getting the help one needs and drives one to do the unthinkable.

Melody Tsang, a social service counselor at the Asian American Civic Association (AACA) in Boston Chinatown, helps Chinese immigrants navigate various systems: everything from immigration to food stamp.

“Because of the nature of my work, sometimes I see clients who have experienced domestic violence or facing mental health problems,” Tsang said.

Tsang recalled getting a phone call that she would never forget. “Let’s call this client Anna. Anna is a 58-year-old woman who has been a client of AACA for over ten years. One morning, about two years ago, Anna called me on the phone in a sad, low voice. She told me she wanted to kill herself because she had just been diagnosed with lymphoma. She was in a hospital where no one spoke her language. She had no one to talk to. On top of that, she didn’t want her husband to go through the pain of taking care of her. She said she wanted to jump out the window,” Tsang said.

Tsang listened to Anna patiently and consoled her. After spending an hour on the phone with Ann, Tsang was able to calm Anna down and instill a sense of hope in her.

“Since that day, we continued to talk frequently until she had surgery and received treatments,” Tsang said.

Unfortunately, not all stories have the same happy ending.

In April 2009, a Chinese mother in Wollaston was accused of stabbing her 9-year-old daughter and unborn child to death. Less than two years later, on January 13, 2011, another Chinese immigrant mother in Quincy was accused of killing her 8-year-old son, who reportedly died of carbon monoxide poisoning in their Germantown apartment. In the first incident, the investigator said that there had been “domestic turmoil” in the house weeks prior to the killing; the police responded to a “disorder” call at the home. In the second incident, the accused mother claimed to have been abused by her former husband for years.

“Everyone I spoke to felt sad about what happened,” said Betty Yau, member of Quincy’s Asian American Advisory of Chinese Americans, of the recent tragedy in Germantown.

Frank Hogan, a long-term Germantown resident, described Germantown as a peninsula, a geographically isolated section of Quincy. As such, getting around is an issue for immigrants who know little English. “[It might get] to these feelings [of isolation], as opposed to living in other parts of Quincy where there are grocery stores, etc. Part of the problem is difficulty with reading bus schedules,” Hogan wrote in an e-mail.

The city itself is not the issue here, Yau stressed.

“People may recall this incident [in Wollaston], and then this incident [in Germantown], and then jump to the [conclusion], what’s wrong with the city? But people are still moving to Quincy. I’ve lived in Quincy

for about thirty years,” Yau said in a phone interview.

Despite these unfortunate incidents, there are still many good qualities about Quincy that makes it a good place to call home, such as the affordable housing prices, accessible public transportation, good public safety; the list goes on.

Growing Asian population in Quincy

According to a study by the Institute for Asian American Studies, there are about over 19,000 people living in Quincy, which accounts for almost a quarter of the city’s overall population. It all started in the late 1970s and early 1980s, when an Asian migration began to trickle into Quincy. The Asian population in Quincy continued to see a robust growth throughout the 1990s. Within the past ten years, enrollment of Asian children in schools citywide has tripled over the past ten years. Now, about thirty percent of the children in Quincy are Asian. It is perhaps an understatement to say that the historically white, blue-collar town has been going through a drastic transformation. The city has come along in addressing the changes that come alongside with demographic change.

“There have been a lot of changes. A lot of people have been working hard to deal with the influx of Asians. Compared to other cities, [and compared to] ten to twenty years, in terms of Asian services, promoting cultural understanding, acknowledging the language issues, we have addressed all the issues responding to all the needs,” Yau said.

Organized efforts, however, still have limitations. There will always be unmet needs.

“With an incident like this that has happened, we will re-examine the changes, demographic changes in the city. Younger families in the Asian community, failed marriages... we are just human beings. We have financial hardships, we have emotional needs. We are not all that different from all other people. Local authorities, have we done enough to address the issues? I wouldn’t say that we had done a very good job at it, but I would say we would never walk away from it,” Yau continued.

Resources available for Chinese immigrants

Service provides in Quincy have come a long way in meeting the needs of their ever-growing Chinese-speaking population. A myriad of programs, classes, events, and literature is readily available in Chinese. For example, Quincy Asian Resources offers English classes; Quincy Medical Center has a large team of Chinese-speaking medical and administrative staff; Thomas Crane Library regularly hosts informative sessions in Chinese; traditional Chinese holidays such as Chinese New Year and August Moon Festival are duly observed and celebrated every year and organizations that do not specifically cater to Asian clientele also offer language assistance.

“In most of the cases, when people are desperate and have unpleasant thoughts, it might be due to insecurities. They might be going through a family disturbance, illness or financial difficulty. Language barrier is also an important cause of isolation for non-English speaking people. I would suggest that the social service agencies provide more informational workshops in the community to help people learn the resources out there,” Tsang said.

Non-Chinese residents also pitch in ideas of ways to reach out to their Chinese neighbors. Hogan suggests making use of Germantown’s community by showing Chinese-language movies nights at Germantown’s community center on weekends or running ESL classes.

Preventing domestic violence – A community responsibility

In a survey Asian Task Force Against Domestic Violence (ATASK) conducted in 2000 titled the “Asian Family Violence Report,” 24% of the interviewed Chinese community members have known a woman who has been shoved, pushed, slapped, hit, kicked, or suffered other injuries by her partner. According to the National Coalition Against Domestic Violence (NCADV), this statistic is congruent with national statistics that 1 in 4 women will experience domestic violence in her life time. However, men can also be victims of domestic violence.

“At ATASK, we define domestic violence as a pattern of power and control that one partner holds over the other. In other words, when someone is in an abusive relationship, they rarely have any decision making power and often have a fear of their partner,” said Qingjian Shi, Director of Education and Outreach at ATASK.

The danger with domestic violence, Shi points out, people associate it with just physical abuse. However, physical abuse is just one of many forms of abuse; others include emotional/psychological abuse, verbal abuse, financial abuse, sexual abuse, and cultural/identity abuse.

“In many cases, an abusive relationship begins with emotional abuse, where the abusive partner is constantly checking on their partner, controlling who they can see and talk to, not allowing them to participate in certain activities, calling them names, or making them feel bad about who they are. As this behavior continues, it can often escalate into physical abuse,” Shi said.

Other signs of abuse may be the throwing of objects, threats of violence and previous relationship violence by the abusive partner.

“Someone who is experiencing abuse can feel very isolated and alone, depressed, and sometimes even have suicidal thoughts. They may feel hopeless and sad,” Shi said.

Unfortunately, those who have spotted

signs domestic abuse may choose to sweep it under the rug.

“A lot of times, even when we see violence happen before our eyes, with our families, friends, and peers, we don’t say anything or intervene to stop it from happening,” Shi said. “Ignoring domestic violence not only prevents our communities to talk about an issue that is very prevalent, but also makes the person who is experience the violence feel invisible – like what they are experiencing is not real or dangerous.”

ATASK’s staff speaks over 12 Asian languages. ATASK hosts a 24 hour confidential helpline at 617-338-2355 where those affected by domestic violence can call in for linguistically and culturally appropriate services.

Getting to know your neighbors

Local resources are always going to be limited. Love, however, is always at one’s disposal, if one is willing to give it.

“I think it would help if people could build better relations with their neighbors, Asians or non-Asians on the individual level. They may be able to better prevent something tragic to happen. Resources are so limited,” Yau said.

Tsang shares a similar sentiment, “Sometimes, people go to the extremities. This can happen in a critical moment. If someone can talk to them, it may change their viewpoints or decisions,” she said.

Communication is a two-way street; so is cultural understanding.

“The best way to know their Chinese neighbors is to learn about the Chinese culture. Only when people know the culture, they would like to know about their Chinese neighbors. Of course, we have to learn the culture of main stream society too so that we can adjust our lives and get along with our non-Chinese neighbors in this place more easily,” Tsang said.

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There will be a total of 14 affordable homes sold at affordable prices to households with incomes at or below 80% of the area median income. Five of these homes are being offered through this lottery.

The Maximum Income Limits for Households are as follows:

1 Person - \$45,100	2 Person - \$51,550
3 Person - \$58,000	4 Person - \$64,400
5 Person - \$69,600	6 Person - \$74,750

Households cannot have more than \$75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.s-e-b.com/lottery or call 617.782.6900. For more information on the development please visit www.BarrowsBrookVillage.com

Applications and Information available at the Kingston Public Library on 6 Green St (open Mon 1pm-8pm; Tue-Thu 10am-8pm; Sat 10am-5pm)

A Public Information Session will be held on March 23rd, 2011 at 7:00 pm in the Kingston Town Hall (26 Evergreen St). The lottery will be held on April 27th, 2011

Completed Applications and Required Income Documentation must be *delivered*, not postmarked, by April 15th, 2011



Giant pandas at National Zoo are here to stay for another five years



新聞特寫

中美兩國在華盛頓簽署新的大熊貓合作研究協議



大熊貓夫婦“美香”(左)和“添添”在美國國家動物園。(Ann Batdorf, Smithsonian's National Zoo)

【本報訊】國和美國代表於1月20日在華盛頓簽署新的大熊貓合作研究協議，以加強兩國在大熊貓研究、促進大熊貓繁育與保護方面的合作。

中國野生動物保護協會秘書長臧春林與美國國家動物園園長丹尼斯·凱利在位於華盛頓的美國國家動物園簽署了這一協議。根據協議，在美大熊貓夫婦“美香”和“添添”將繼續留在美國國家動物園開展合作研究，為期5年，自2010年12月至2015年12月止。同時，中美兩國專家將在大熊貓日常安全管理方面加強交流與合作，在大熊貓麻醉、發情、繁殖、育幼等關鍵時期，中方將派專家參與指導交流，促進項目順利、安全的實施，爭取早日再出繁殖成果。

中國野生動物保護協會與美國國家動物園自2000年12月開始了為期10年的大熊貓合作，來自臥龍中國保護大熊貓研究中心的一對大熊貓“美香”和“添添”赴美參與了合作研究。2005年7月，“美香”和“添添”產下一只雄性幼仔，在美造成巨大轟動，由美國民衆投票取名為“泰山”。經美方幾次誠懇要求，“泰山”在美停留時間兩次延期，于2010年2月返回中國。去年12月，中美雙方關於大熊貓合作研究的協議到期，中方充分考慮到美國民衆對大熊貓的喜愛之情，與美方就新的合作研究協議達成一致。

中國野生動物保護協會與美國國家動物園大熊貓合作項目自開展以來取得了積極成效，不僅搭建了中美友好的橋梁，為美國公衆提供了解中國文化的機會，同時也取得了顯著的研究成果。美國國家動物園開展了多項大熊貓科學研究活動，發表了研究論文，傳播了大熊貓保護知識，解決了一些圈養大熊貓繁育的技術問題，並成功繁育大熊貓幼仔。

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BA/BS required. Experience in case management or human services and eligibility for LSW a plus. A car is required.

Salary: Mid \$30's

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THE CHARLES RIVER SCHOOL

A PK-8 co-ed independent day school in Dover (16 miles southwest of Boston), seeks a **DIRECTOR OF ADMISSIONS AND OUTREACH** starting June 2011. **PRIMARY RESPONSIBILITIES** include the leadership and management of all aspects of our child-centered admission process including marketing, student outreach, recruitment, application evaluation, selection, and enrollment of new students as well as re-enrollment of our current students.

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** All must be native speakers of Mandarin and fluent in English.

Salary: commensurate with experience and education. Full benefits package.

To apply: send resume and cover letter by to:

HR Department
Asian American Civic Association
87 Tyler St, 5th floor
Boston, MA 02111
Email: hr@aaca-boston.org

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兩套2居室房屋: \$140,800 to \$148,700

三套1居室房屋: \$128,200

此開發將包括一共26套單位房: 11套公寓位於新開發的Mansion, 2套公寓位於新開發的Carriage House, 1套獨戶住房, 以及12套3居室的別墅式房屋分別安排在3個地點, 每個有4套單位。其中7套房屋將通過彩票抽獎方式出售給收入低於80%地區收入中位數的家庭。

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5 人 - \$69,600	6 人 - \$74,750

家庭的總資產不得超過 \$75,000。

欲獲得更多關於開發, 房屋, 或者抽獎以及申請程序信息, 請瀏覽網站 www.s-e-b.com/lottery 或者致電: 617.782.6900

申請以及相關信息可以到 North Andover 公共圖書館獲取 (345 Main Street, 開放時間: 10am-9pm 周一~周四; 10am-5pm 周五, 周六; 2pm-5pm 周日)

公共信息發布會將於3月2號, 2011 晚上7點在 North Andover公共圖書館舉行。抽獎將會於4月13號, 2011 舉行。

完整的申請以及所需的收入文件必須在4月4日, 2011年之前收到, 當天郵戳無效。請採取一切必要措施, 以確保4月4日之前遞交您的申請。



波士頓重建局

將舉行一個公眾會議

Hayward Place

時間: 2月15日, 星期二
晚上 6 - 8:00 PM

會議地點: Suffolk University (薩福克大學),
73 Tremont Street,
The Amerities Room (一樓), Boston

項目提出人: Millennium Partners

項目內容:

這次社區會議的舉行是符合波士頓區劃代碼第80條, 向社區公眾介紹有關Hayward Place的項目改變通知。Hayward Place是由Millennium Partners開發, Handel Architects 設計的。此項目開發總面積預計390,000平方英尺, 在這個15層結構的空間, 有265戶居住單位, 並且設有地下一層停車場以及地下零售空間。位於580號華盛頓街, Ritz-Carlton酒店, Towers, 以及派拉蒙影院對面 (建議項目)。該地點與華盛頓街, deLafayette大道, 夏里臣街, 以及 Hayward Place (工程地點) 相鄰。

評論意見關閉時間: 2011年3月7號, 星期一

聯系人:

Jay Rourke, 波士頓重建局
One City Hall Square, 9th FL, Boston, MA 02201

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PHONE: 617.918.4317

EMAIL: Jay.Rourke.BRA@cityofboston.gov

Brain P. Golden

執行理事/秘書 Executive Director/Secretary



Boston
Redevelopment
Authority

Barrows Brook Village
Kingston Affordable Housing

Five 3BR, 2.5 bathroom single family homes: \$187,400

Your Total Monthly Housing Costs* are only \$1,400 (approx.)!!!

*Total Monthly Housing Costs are the estimated sum of a your mortgage payment (30 year, fixed rate), your monthly real-estate taxes, insurance and Home Owners Association Fees

Barrows Brook Village is a new development in Kingston, where you get all the privacy of a single family home with all the conveniences of a condominium. Barrows Brook Village will consist of 56 single family homes set in the most private and distinctive piece of property on the South Shore.

There will be a total of 14 affordable homes sold at affordable prices to households with incomes at or below 80% of the area median income. Five of these homes are being offered through this lottery.

The Maximum Income Limits for Households are as follows:

1 Person - \$45,100	2 Person - \$51,550
3 Person - \$58,000	4 Person - \$64,400
5 Person - \$69,600	6 Person - \$74,750

Households cannot have more than \$75,000 in assets.

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.s-e-b.com/lottery or call 617.782.6900. For more information on the development please visit www.BarrowsBrookVillage.com

Applications and Information available at the Kingston Public Library on 6 Green St (open Mon 1pm-8pm; Tue-Thu 10am-8pm; Sat 10am-5pm)

A Public Information Session will be held on March 23rd, 2011 at 7:00 pm in the Kingston Town Hall (26 Evergreen St). The lottery will be held on April 27th, 2011

Completed Applications and Required Income Documentation must be delivered, not postmarked, by April 15th, 2011



青年專欄

迪萌和達米的故事（二）

作者：Sharndine Desire

（續上期）

我滑倒了，她嗚咽著，快幫助我。他蹲下來摸到了她的手。

給我手，我拉你。

迪萌試著放手，但她立即覺得身體在下滑。不行。我會掉下去的。

不，你不會的。他從石縫撬開她的手並緊握住它。但這時他也下滑了。迪萌注意到，他在用他全身力量往上拉。但是他還只有七歲，他沒有足夠的力量把她拉上來。。

達米，你讓我掉下去吧，迪說，她的眼淚滴落在蠟黃的臉上。她的好朋友懷疑地盯著她。

你瘋了？我不能讓你掉下去！達米對她說。你會死的，迪萌。我不能---他還沒說完就又滑倒了。污泥開始淹沒他的膝蓋。但他一點不放鬆，緊緊抓住她的手。

達米，你要是再不放開我，我們倆都會死的。我不要你因為我而死。快放開我！她歇斯底裏地喊著同時淚如泉湧。

不，不，迪萌。我不能。我不會。但他知道她說的是真的。他實在堅持不了多久

了。她開始從他的手裏抽出她的手指，淚水也從他的臉上掉下來。放手！不！

我沒有別的辦法。對不起，達米，對不起。告訴我媽媽和妹妹，實在對不起。她從他手中滑脫，她摔下去了。

迪萌！ 達米尖叫著。他轉過身去，捂住了耳朵，但他仍然聽到了砰然一聲。他知道他現在不能跑回去告訴他們發生了什麼。她不能死。他不能沒有這個最好的朋友，迪萌。接著，他想到她可能沒有死。他找到了巖石形成的臺階，可以下到懸崖下面。他慢慢地，小心翼翼地爬了下去。

迪！他跪在她身邊喊著。迪萌手腳伸開躺在地上，她的腿不自然地彎曲著，臉部沒有表情，好像在睡覺，頭髮被她頭上的血糾結著。她的胸部沒有明顯的起伏。他把耳朵靠上去想聽聽她的心跳。但是沒有聽到聲音。她死了，他絕望了。他號啕大哭，淚水泉湧般湧出他的眼眶。天空似乎也感覺到達米的悲痛，流下了悲傷的淚水。雨水很快遮蓋了他。

達米在屍體旁哭了好一會兒，忽然聽到一種什麼聲音。好像是一個哈欠，但他看不見它是從哪裏來的。然後，他看到一個很小的人，好像長著翅膀。這個小人用她那紫羅蘭色的眼睛盯著他，那顏色與她的衣服是一樣的。她的黑頭髮飄升著，和她白皙的皮膚形成了強烈對比。你做了嗎？她問。

做了什麼？ 達米問。

哭你的好朋友呀，是不是？她回答。

嗯，是的。你是誰？他問。

我叫莉莉絲。

可是，你為什麼到這裏來？你是誰？

我是天使，你沒看到我的翅膀嗎？她轉過身，讓他能看得更清楚些。你想讓她活過來嗎？她指著迪問。

哦，是的，可是這是不可能的！達米說。

我想也是的。不過有我呢。你是否願意付出一切，讓她活過來？

是的！ 達米簡直不敢相信所發生的事情，但他必須回答。

付出一切？

是的，一切的一切！

拜托，她是我在這個世界上最好的朋友。我不能沒有她。

很好，莉莉絲說。她向周圍伸出小手，好像要

從空氣裏撈取什麼。好，你救了她了。她笑著就不見了。接著，達米和迪萌突然回到了懸崖上方。

你在撈什麼？達米問。

誰？達米，迪說，你在跟誰說話？她在他身旁醒過來了。

迪，你活過來了！她成功了！他高興得哭起來了。

誰？達米！迪萌問道。達米於是把剛才的整個故事講給她聽，她似乎忘記了一切：她的媽媽，懸崖，所有這一切。

那你是拿什麼交換的？迪問。

我不知道，但我很高興你還活著！他伸出手想擁抱她。可是這時似乎有一堵無形的牆把他彈了回來。他試圖碰迪的肩膀，也被牆攔住了。

怎麼回事？迪問。她試著去撫摸他，但牆也擋住了她。她害怕地睜大了眼睛。 達米，怎麼，這是怎麼回事？

迪，這是莉莉絲幹的！我不能觸摸到你！

後來證實，當他們的手握住在一起的時候，他們的手掌之間隔著三寸距離。

這兩個孩子在震驚中回到村莊，他們的父母正焦急地等待著他們。他們告訴了這個難以置信的故事，只要試著觸摸一下就能得到證實。誰也說不清迪萌和達米的困境是怎麼回事。但事實是迪萌無法觸摸到她的好朋友達米。我們的故事就從這裡開始了。（陳公權譯）

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薪酬: 幼儿教师\$18,000 - \$25,000; 主管老师\$28,000 - \$36,000
简历及求职信至:
HR Department
AACA ,87 Tyler St,5/Floor,Boston MA 02111
Email:hr@aaca-boston.org

 **AACA** 華美福利會
Asian American Civic Association, Inc.

Want to Live in Natick, Waltham, Watertown and other Metro West towns?

Several Metro West communities are jointly establishing a list of "Ready Renters" who would be interested and income-eligible to rent affordable apartments in these towns.


Income Limits:	Maximum Rents*:
1 person \$45,100	1 bedroom \$1,099
2 person \$51,550	2 bedroom \$1,321
3 person \$58,000	3 bedroom \$1,517
4 person \$64,400	

*including utilities or utility allowance

Applicants will be notified of available units as they come up for lease. Studio, 1, 2 and 3-bedroom units are expected.

General Info. Sessions: Thursday Feb. 10th at 7:00 pm and Saturday March 5th at 11:00 am. Call for details.

For a pre-application and additional information contact Robyn at Watertown Community Housing 617-923-3505 x 5 or visit this website: www.watertowncommunityhousing.org



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ymcaboston.org/wang **617-426-2237**

健康專欄

保護心臟：烹調有益心臟健康的食物

減少攝取飽和脂肪酸和選擇有益於控制膽固醇濃度的脂肪種類，可幫助您保護心臟和血管。 使用的食材和烹調方式不同，效果也會大不相同。 所以，不妨試試看下面的秘訣：

- 少油脂烹調。
- 選擇瘦肉、雞肉和豬肉。
- 選擇低脂奶製品。
- 將食譜裡的食材改成低脂的。

少油脂烹調

使用少油脂或無油脂的方式烹調。 以炙烤、微波、烘焙、燻烤、蒸或燒烤等方式調理食物，可降低總脂肪。 不沾鍋和噴霧油也能大幅減少油脂。 不要使用油脂增添風味，改用調味料和醬汁。 選擇使用香草和香料來增添風味的食物，不要使用油脂。 試著用下面這些方式來調味食物：

- 在蒸過的蔬菜、烤魚、米飯或麵條上澆淋新鮮的檸檬汁。
- 試著用檸檬胡椒 (Lemon Pepper) 或牧豆 (Mesquite) 調味雞肉。
- 使用洋蔥和大蒜來讓肉類和蔬菜更美味。
- 試著用烤肉醬或低脂義大利調味醬來烤雞或豬肉。

盡量減少油脂。 將肉類或家禽肉上可見的油脂切掉。 把食物放在烤架上烘烤，讓油脂滴落。 在前一天把湯煮好，等到冷卻後，將浮在上層的油脂撈出。

選擇瘦塊牛肉、雞肉和豬肉

要將膽固醇維持在目標範圍內，可以選擇肉類和家禽肉的瘦肉塊。 試試看用下面的瘦肉來做自己喜歡吃的菜：

- 選擇低飽和脂肪的瘦肉可幫助降低血中膽固醇
- 選擇牛肉時，可選擇瘦肉塊，例如腿肉、下里肌肉、腹臀肉、腰內肉、上里肌肉、肩胛肉或牛臀肉、丁骨牛肉、上等腰肉或切塊牛排。
- 選擇雞肉、火雞肉或春雞 (Cornish Hen) 等家禽肉類。 白胸肉的脂肪含量比大腿和小腿紅肉少。
- 瘦豬肉包括火腿、加拿大醃肉、豬腰肉及中腰排。

選擇低脂奶製品

您的飲食計劃可能會包含奶製品。 為減少飽和脂肪，請選擇以無脂或低脂牛奶製成的食品。 低脂的

奶製品包括：

- 牛奶： 無脂（脫脂）、1/2% 牛奶、1% 牛奶以及低脂白脫牛奶
- 優格： 低脂或無脂優格
- 起司： 乾酪 (Cottage Cheese)、巴馬乾酪粉 (Grated Parmesan) 以及每盎司的脂肪等於或少於 3 克的任何起司
- 吃冷凍甜點時，嘗試低脂冰淇淋或優格冰淇淋，而不要吃一般冰淇淋。您也可以將一般優格冷凍起來當做甜點。

將喜歡吃的菜裡的食材改成低脂的

試著使用油脂極少的絞牛肉或絞火雞肉，不要使用一般絞牛肉。 使用低脂美奶滋和沙拉醬，而不要使用一般醬料。 試著用原味優格來取代酸乳酪或美奶滋。 您可以將某些食譜裡使用的人造黃油或奶油其中一半份量改成蘋果醬。

(文章由塔夫茨醫學中心贊助)

Tufts Medical Center

移民資訊

H-1B 簽證問答

問：我最近聽說現在是一年内申請H - 1B簽證的時候。什麼是H - 1B簽證？我應該盡早申請嗎？

答：H - 1B簽證是美國一種臨時簽證，它授權非美國公民進入美國和參加工作。H - 1B簽證要求有美國公司或實體贊助你的簽證。要符合的H - 1B簽證，你必須證明你的工作至少需要學士學位元或同等學歷。 H - 1B簽證的有效期為三年，可再延長一次三年。

誠然，現在是你今年申請H- 1B簽證申請的時候。美國政府已經設置了每年H - 1B簽證的數額限制。當申請數達到限額時，政府將舉辦抽籤，以決定誰將得到這一年的H - 1B簽證。

美國政府每年接受H - 1B的簽證申請的第一天是4月1日。這一天，如果簽證申請數量達到限額，政府就進行抽籤。

去年政府實行的配額限制第一次沒有在4月1日達到。但現在經濟正在復蘇，它有可能在第一天就達到限額。

因此，我強烈建議你和你的雇主盡快為H - 1B簽證申請聯系一位移民律師。你應該在4月1日前至少一個月聯系律師，以便為你做好簽證申請的準備工作。

慎選食物： 試什麼和為什麼		
不要吃/喝...	而是吃/喝...	為什麼？
全脂牛奶或 2% 牛奶	1% 牛奶或脫脂牛奶	總脂肪、飽和脂肪及膽固醇都少
一般起司	低脂起司	
含氫化植物油、棕櫚油及椰子油的點心食物	無脂或低脂點心食物	總脂肪與飽和脂肪都少
一般美奶滋	做菜或沾醬時使用無脂原味優格或低脂美奶滋，或在三明治中加上芥末	總脂肪少
酸乳酪	無脂酸乳酪	總脂肪與飽和脂肪都少
一般人造黃油條	特殊降膽固醇配方人造黃油或軟盒人造黃油	降低膽固醇， 反式脂肪也少
炸雞	烤雞	總脂肪與飽和脂肪都少
燻製粗香腸、義大利香腸或煙燻牛肉	火雞肉片、瘦火腿或低脂冷盤	總脂肪與飽和脂肪都少
含氫化植物油、棕櫚油或椰子油的餅乾	柳橙、蘋果、梨子或一些梅乾	更多纖維且零脂肪
豬排	豬腰肉	總脂肪與飽和脂肪都少
牛小排	烤或烘鮭魚和鮪魚、烤丁骨牛排	總脂肪與飽和脂肪都少，而且魚類是 omega-3 脂肪酸的來源

一天健康的三餐與點心			
早餐	午餐	晚餐	三餐之間的點心
穀麥片加上脫脂牛奶與切片香蕉	豌豆湯	去皮烤雞胸肉並先以低脂義大利調味醬醃過	生菜與低脂沾醬
裸麥土司	以低脂美奶滋拌攪而成的鮪魚沙拉	米飯	新鮮水果
降低膽固醇配方的人造黃油	全穀蘇打餅	蒸花椰菜	燕麥穀鬆糕 (Muffin)
柳橙汁	芹菜莖與紅蘿蔔條	拌沙拉加上低脂沙拉醬	全穀蘇打片加上低脂起司
咖啡加上脫脂牛奶	新鮮柳橙	新鮮梨子	
		燕麥餅乾	

H-1B非移民工作簽證申請名額全部用完

美國移民局於1月26日公布，2011會計年度的6萬5000個普通類H-1B非移民工作簽證申請名額已經全部用完。由於1月26日是最後收件日，1月26日以前實際收到的H-1B申請(並非郵戳日期)才可計算在內。

公民局表示，如果1月26日當天收到的申請超過名額總數，移民局將對最後一天收到的申請再進行抽籤。沒有抽中的申請以及26日後收到的申請，都會連申請費一同退回。

此外，提供給碩士及以上學位申請人的2萬個高學歷H-1B名額已經在2010年12月22日用罄。但公民與移民服務局會繼續接受並處理那些不受名額限制的 H-1B申請，即已經持有H-1B簽證的外籍雇員的狀態修正申請，具體包括：在美國境內延長現有H-1B簽證的有效期；對現有H-1B簽證的雇用條款進行修改；現持有H-1B簽證的人員更換雇主；已持有H-1B簽證的人員再申請第二份H-1B簽證。

未能成功申請到2011會計年度工作簽證的外籍雇員，需要等到今年4月1日再申請2012會計年度(今年10月1日開始生效)的H-1B名額。




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在 *Tufts Medical Center*(塔夫茨醫療中心)...

當您需要一名護士時，可能身邊
並沒有這樣的人

護士們表示，人員編制不足可能影響您的照護服務

The Massachusetts Nurses Association (麻州護士協會)是 Tufts Medical Center(塔夫茨醫療中心)註冊護士的代表，本協會希望您瞭解，護士不僅非常關心最近的註冊護士人員編制削減，而且非常關心我們如何提供照護服務的其他變更，因為我們認為這些變更可能影響您的照護服務品質。

公眾須知

- Tufts Medical Center(塔夫茨醫療中心)是一級兒科創傷和二級成人創傷治療中心，旨在為聯邦的重症患者提供醫療服務，他們需要更高等級的照護以保證患者安全。
- 去年，醫院高薪聘請了一名諮詢顧問，制定了一個以削減病患照護費用為主要經濟目標的照護「新模式」。
- 此削減方案最終包括限制註冊護士提供的照護工作量，註冊護士將被迫每間病房需要照護更多患者。事實上，在去年，護士們就人員編制不足的情況向醫院提交了超過 500 份正式報告，其中一些報告指出這種情況使病患的照護服務受到影響。
- 醫院還執行了一項新政策，迫使所有護士從醫院的一個區域「浮動」到另一個他們不能得心應手的照護區域。這類似於要求歷史老師來教授數學。在醫院的大環境中，這種做法是危險的。

為什麼這對您很重要？

您住院的首要原因是您的病情很嚴重，需要一名註冊護士連續 24 小時照顧，而該註冊護士經驗豐富並且能夠嫺熟地提供您所需的專業照護。護士經過了訓練，時刻監控您的健康狀況並採取及時措施，從而預防併發症或挽救您的生命。

依據 Agency for Health Care Research and Quality (醫療健康研究與品質機構的)報告，每多分配一個病患給註冊護士，則病人罹患醫院獲得性肺炎的風險增加 7%、呼吸衰竭的風險增加 53%、醫學併發症的風險增加 17%。更適合的註冊護士人員編制可以改善患者的治療效果、降低死亡率、縮短住院時間。

MNA (麻州護士協會)及在醫院工作的會員都瞭解當前經濟形勢十分嚴峻。但是，我們認為醫院不應該利用這種情況提高其底線，而病人也不應該為以損害病患照護品質來削減費用的錯誤決定付出代價。

如果您贊成以上觀點，請致電 Tufts 茨醫療中心執行總裁

Ellen Zane，電話號碼 **617-636-9589**，並告訴她以病患安全為底線。

麻州新聞

麻州亞美委員會慶亞裔眾議員當選



(左起)三位麻州亞裔州議員陳德基、陳翟蘇妮、黃子安，與亞美委員會主席Malisa Schuyler、委員曾佳玲、行政主任周柏愷合影。

【本報訊】麻州亞美委員會(The Commonwealth of MA Asian American Commission)於2月7日下午，在州政府大樓透天大廳舉行「陳翟蘇妮陳德基、黃子安當選州眾議員慶祝會」。

兩年前當選、去年底成功連任的州參議員陳翟蘇妮(Sonia Chang-Diaz)在致詞中表示但是兩年多來，身為州議會中「唯一和首位亞裔議員」，有時難免感到孤獨，她期待三人「亞裔小組」(Asian Caucus)未來的合作。

民主黨眾議員陳德基說，爭取把名字放進選票，的確不是容易的決定。

黃子安說，去年競選時，在社區敲門拜票，一名開門的小孩看到他，便喊「送貨的來了！」他說亞裔人士參政是改變未來的好途徑。

華美福利會慶兔年



(左)華美福利會董事主席陳美霞以及來自阿爾巴尼亞的畢業生Mimoza Proto。

【本報訊】華美福利會於1月27日晚舉行新年慶祝會。到場來賓包括了國會議員Michael E. Capuano、波士頓不分區議員 Ayanna Pressley 以及昆市法官余明達。

當晚的主要節目為頒發獎狀給華美福利會技能訓練的傑出畢業生及僱主、感謝他們長久以來對於幫助新移民的貢獻。

華埠新聞

塔夫茨醫療中心慶新年



慶祝活動由該中心社區健康計劃主任曾雪清主持。



小朋友專心看表演。



中國結攤位。

【本報訊】位於波士頓華埠的塔夫茨醫療中心(Tufts Medical Center)，於2月7日中午在該醫院大廳舉行一年一度的中國新年慶祝活動，吸引許多社區人士，一樓的大廳和二、三樓的走道都擠滿了觀賞的人群。

慶祝活動由該中心社區健康計劃主任曾雪清(Sherry Dong)主持，現場有，獲得現場觀眾的熱烈鼓掌。

慶祝節目有洪青醒獅團、全體合唱賀年歌曲、波士頓元極舞聯誼會的「福滿乾坤」、木琴演奏、王氏青年會的太極功夫扇等。

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美術設計：施靜慈

《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

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(靠近平價商場, 在鄧勤園餅司徒福柱燕梳之間)

電話：(617) 482-1553

(國、粵、台山話)

您曾在交通事故中受傷嗎？或有個人受傷的案件嗎？讓我們幫助您。
我們的律師樓及我們屬下的律師已成功地幫助了無數的中國人獲得賠償。

下列是我們的其中一些案例：

\$7,700,000.00 法庭判決
(一行人被貨車撞傷)

\$180,000.00 和解
(一男子被狗咬傷)

\$230,000.00 和解
(一女人被車撞傷)

\$200,000.00 和解
(一男子被車撞傷)

上述案件的賠償數目是基於他們的案情, 如果您有案件, 請電: 617-482-1553 查詢。

本律師樓為社區提供高質素、高效率的服務, 我們經驗豐富並且理解中國人的需要, 受傷嚴重者, 律師可到府上或醫院提供諮詢 (受傷案件成功才收費)。

我們也處理 勞工爭議

刑事辯護 民事訴訟 交通意外 房屋糾紛 商業糾紛 遺產繼承

本律師樓經辦離婚的律師有22年之

辦理破產保護

我是一一五五五 我是一一五五五

司徒賢律師在北美十大法律學院、紐約大學畢業，歷麻省、新加坡、紐約三州大學獲榮譽。曾被《華埠新聞》、《世界日報》、《BOSTON GLOBE》、《SAN FRANCISCO CHRONICLE》等報刊載。

活動簡訊

新春祈福會

慈濟將於2月12日(週六)下午2時在99 McMahon Road, Bedford舉行，節目有舞蹈、手語、回顧去年足跡、點心燈祈福、發福慧紅包、服裝秀和短劇。聯絡:617-762-0569。

亞裔房東協會講座

亞裔房東協會講座將於2月12日(週六)晚7點至10點在MIT的Tang Center,E51-085教室(70 Memorial Drive)舉行。題目:出租房屋物業管理易犯的錯誤，主講人:潘樹仁，入場免費。英語講座。九點以後中文討論。電洽617-834-4071。

琴心集音樂會

中華表演藝術表演基金會主辦的琴心集音樂會將於2月12日(週六)晚8點在中華表演藝術表演基金會在NEC Jordan Hall舉辦，邀小提琴家胡乃元，大提琴家章雨亭，鋼琴家安寧演奏。購票請洽:617-585-1260。

華埠新聞

【本報記者朱園莉報導】2011年1月25日晚，波士頓紐英倫中華公所召開本年度第一次董事會議。各位董事準時到達會議室參加會議，該此會議較前幾次會議氣氛融洽，與會董事們就相關問題提出了自己的意見和建議。該此會議的主要議程有：嘉賓梅嘉利介紹由他編導的電影“A Rainy Day For An Earthworm”；雷景林董事介紹中華公所網站;通過2010年11月30日會議紀錄;主席報告;財政報告;物業小組報告;新提案;董事成員僑社活動報告。嘉賓梅嘉利在會上播放了電影“A Rainy Day For An Earthworm”的介紹短片,該電影以波士頓唐人街為拍攝背景,主要是探究小孩子的心裡。在上年暑假已完成了大部份的拍攝工作，接下的部份將在今年完成拍攝。

會上雷景林董事給大家展示了中華公所的新設網頁www.ocba-ne.org. 得到了各位董事的肯定和讚揚。雷景林董事還表示歡迎各位董事提出修改意見。主席報告主要有2011年春宴席號抽籤和討論關於中華公所大樓被波士頓地稅局要求征收14萬地稅的問題。關於中華公所大樓被波士頓地稅局要求征收14萬地稅的問題，主席梁永基表示已經和律師探討並將與2月前向地稅局遞

交相關的法律文件，希望此問題得到合理的解決方法。與會董事都紛紛為此問題提出解決的方法和建議。

物業小組報告方面，主要是董事表決通過了天滿村預算。2月13日(星期日)10AM華埠主街舉行武獅表演。

台商會保齡球賽

新英格蘭大波士頓台灣商會及青年商會主辦的保齡球賽將於2月13日(週日)上上9點30分至中午12點在劍橋市Lanes & Games保齡球館舉辦。報名陳盈傑617-301-0288，injectchen@gmail.com。

昭倫公所春宴

昭倫公所春宴於2月13日(週日)晚6時，在華埠龍鳳酒樓舉行，席券\$300/每席，長者及少者\$20，包括娛樂節目、卡拉OK和抽獎助慶。售票處:昭倫公所、威威餐廳、家福禮品、運迪禮品、聯發瓜菜批發、濠江牙菜批發、中立地產。

新春團圓晚會

台學聯新春團圓晚會於2月13日(週日)晚6點，台學聯在775 Commonwealth Ave,Boston舉行，\$10(2/4晚上12點截止)，過後\$13。購票: http://ftsane201102.eventbrite.com/。華樂耆年中心籌款會

華樂耆年中心籌款會於2月18(週五)中午12點在昆士市龍鳳酒樓(219 Quincy Ave.)舉辦，\$30/會員，\$75/非會員，聯絡關靜儀主任617-471-9354。

龍岡親義公所春宴

龍岡親義公所春宴於2月20日(週日)晚6時，在華埠龍鳳酒樓舉行，席券\$30/1人，包括娛樂節目、卡拉OK和抽獎助慶。請於2月15日前至愛丁堡羅街11號地下購買，或電話:617-835-6388(趙金歡、劉碧枝主席)。

亞美聯誼新年晚會

亞美聯誼新年晚會於2月20日(週六)晚6點，在Hayward Plaza (28 Hayward Street,Quincy)舉辦。將有藝術表演、美味小食。電話:617-769-0800，網站:AAAQuincy.org。

波士頓中華公所召開本年度第一次董事會議



波士頓紐英倫中華公所召開本年度第一次董事會議。(朱園莉攝)

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波士頓中文特許學校是一所為幼兒班至八年級而設的新公立特許學校。它為不同種族的學生籌備多元化的課程以達到學生各學科都有優異的成績，並成為中英文均流利的學生。

本校現在接受幼兒班及一年級學童的報名。

如需了解更多，請來參加我們的諮詢會。請到我們的網站 www.BostonChineseImmersion.org 或致電 917-566-4512 查詢 相關細節及日期。

(此中文特許學校有待麻省教育局批審)

波士頓華人啓蒙學校慶新春



麻州參議員陳翟蘇妮(Sonia Chang Diaz)以及麥家威(Aaron Michlewitz)等人與小朋友合影。

【本報訊】波士頓華人啓蒙學校(ABCD Chinese Church Head Start)於1月26日舉辦新年聯歡會，逾380人同樂共慶新春，120多位小學童表演詩歌、舞蹈和唱遊。波士頓社區發展行動中心副總裁雪倫 史考特-錢德勒、啓蒙學校計畫負責人依維特 羅德瑞格斯等人皆出席致詞，贊揚華人啓蒙學校的优异表現與對社區的貢獻。

您的孩子目前正就讀四年級嗎？

請填寫以下表格並且在2011年3月4日下午5點之前遞交或者郵寄到：
Boston Collegiate Charter School, 215 Sydney St., Dorchester, MA 02125

請瀏覽我們的網頁：
www.bostoncollegiate.org

Boston Collegiate Charter School 是一所免學費的公立特許學校，面向5到12年級，對超過500名學生提供學術嚴謹的大學預科教育。

申請者姓名: _____	
名	姓
出生日期: ____ / ____ / ____ (月/日/年)	性別: 男 女 (請圈出)
2011年秋季，你準備申請就讀那一年級? <input type="checkbox"/>	
* 注意：必須是準備就讀5, 6, 7, 8年級。Boston Collegiate 不接收就讀9, 10, 11, 12年級的學生。	
目前年級: _____	目前學校: _____
申請者有兄弟姐妹對Boston Collegiate有興趣嗎? 有 沒有	
父母/監護人姓名: _____	
名	姓
家庭住址: _____	
街道號碼	街道名稱 公寓號碼# (如果適用) 城市 洲 區碼
家庭電話: _____ 手機: _____ 其他電話: _____	
父母/監護人簽名: _____ 日期: _____	

申請資格：
麻省居民并且準備於2011年秋季就讀5, 6, 7, 8年級。(報名優先考慮BCCS學生的兄弟姐妹和波士頓城市居民)。

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